



Respite Care

Information for Adults with Care and Support Needs and their Carers



What is respite care?

Respite care means a carer and the person they care for being supported to have a valuable break from the demands of their caring situation. These short breaks are an essential part of the overall support that families and carers need to help them care for a family member, partner, or friend.

Respite can be provided on a regular or one-off basis. It can be planned in advance or provided in an emergency.

Respite helps to ensure that the wellbeing of the carer is protected, enabling them to continue in their caring role whilst also having time for themselves.

Respite delivers positive outcomes such as:

A break from day to day activities	A chance to enjoy new experiences and meet new people	Time to rest and recharge batteries	Opportunities to develop and maintain friendships
Time to pursue new interests and leisure/cultural activities	An improvement in general health and wellbeing	An opportunity for greater independence and self-confidence	Strengthening of relationships

Am I eligible for respite care?

Eligibility for support from adult social care will be assessed in line with the Care Act 2014. Carers are entitled to their own assessment as well as the individual who has care and support needs.

The assessment conducted by the Council's Social Work Teams will determine whether you have eligible needs and whether respite care is required to meet those needs.

What respite care services are available in Halton?

There are a range of options for respite, which may be provided in a residential care home or in the community.

Care may be provided in your own home (e.g. by a domiciliary care provider) or in someone else's home as part of the Shared Lives Service. Shared Lives is where approved carers open their homes to adults with care and support needs.

Direct Payments are another option allowing people to choose what type of respite care they want and where they want it to take place. Direct Payments can be used to employ a Personal Assistant to support the cared for person in their own home or they can even be used to support a person to have a short break away.

How do I know which service is right for me?

Your Social Care Practitioner will discuss your needs with you in order to determine the type of care and support required, including the provision of respite care (if appropriate).

The type of respite care you choose may depend on things like:

- The level of care and support needs of the cared for person;
- Whether the respite is needed regularly or on a one-off basis;
- If the respite is needed immediately or for a specific period of time in the future.

One size doesn't fit all and support is available from the Social Work Teams to ensure that you are able to access a suitable respite service that meets your eligible needs.

Will I have to pay for respite care?

Respite is a chargeable service and what you pay is based on the outcome of a financial assessment.

The financial assessment looks at your financial situation to determine how much you can afford to pay towards your care and support. The rules around financial assessment are set nationally by the Government as part of the Care Act 2014.

Who can I contact for more information/support?

Halton Borough Council Adult Social Care – 0151 907 8306

Halton Carers Centre – 01928 580182 – help@haltoncarers.co.uk

Halton Borough Council Welfare Rights – 0151 511 8930

Citizens Advice Halton – 08082 787956 – <https://haltoncab.org.uk/email-advice-contact-form/>